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**OCCUPATIONAL STRESSOR AND JOB PERFORMANCE AMONG EMPLOYEES
OF OIL AND GAS COMPANIES**

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ABSTRACT

The purpose of this study is to identify the relationship between work overload, job stress, role ambiguity and self efficiency to occupational stressor and job performance. The survey method was used to collect the primary data through the use of a questionnaire to the employee oil and gas . The total 250 of questionnaire were distributed and all 152 questionnaires were successfully collected. The descriptive and inferential analyses were conducted. The results of this study showed work overload, job stress, role ambiguity and self efficiency to occupational stressor and job performance are all positive correlated occupational stressor and job performance. This results of this study provides information about job stress among employee oil and gas in teh policy maker for improvement the oil and gas company.

Keywords: Workload , stress, role ambiguity and self -efficacy



ABSTRAK

Tujuan kajian ini adalah untuk mengenal pasti hubungan antara faktor bebanan kerja, tekanan kerja, keaburan peranan dan keyakinan seseorang kepada tekanan kerja dan prestasi kerja. Kaedah tinjauan digunakan untuk mengumpul data utama melalui penggunaan soal selidik kepada kakitangan pekerja di syarikat minyak dan gas. Sebanyak 250 soal selidik telah diedarkan dan semua 152 soal selidik telah berjaya dikumpulkan. Analisis yang telah dilaksanakan adalah analisis deskriptif dan inferensi. Keputusan kajian ini menunjukkan bahawa semua faktor-faktor bebanan kerja, tekanan kerja, keaburan peranan dan keyakinan seseorang korelasi yang positif dengan tekanan kerja dan prestasi kerja. Kajian ini diharapkan dapat memberikan maklumat berkaitan tekanan kerja dan prestasi kerja dikalangan pekerja yang berkhidmat di Syarikat minyak dan gas kepada pembuat polisi agar penambahbaikan dapat dilaksanakan kepada amalan pengurusan syarikat tersebut.

Katakunci: Bebanan kerja, tekanan kerja, keaburan peranan dan keyakinan seseorang



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CHAPTER 1

INTRODUCTION

1.1 Background of the Study

As quoted the saying written by Dr Mahathir Mohamad (2004), he said that human is not born simply just to eat, sleep, and die without leaving nothing behind them. Forget about the material matter inherited to their children and grandchildren, people must contribute something for a betterment of their life, family, society and country. It will be worthy after they die. And, as an ordinary person in the society who just work as an officer or staff in the company and organisation, they still can contribute to the society and country by showing their best job performance in their workplace. By preserving their job performance in the workplace, they are improving their standard of living and have sum of money to spend. Sooner or later, they get a prosperous life”.

However, the emergence of modern globally timeline in present day, people’s standard of living has been totally transformed from the simple and easy style of living to a complicated and tough one. With the rapidly economic reformation done by the government such as the aim of producing human capital ‘*modal insan*’ in each perspective of economic sector, added by the competition among workers and employees to fight for their job performance in the company or organisation, it seems like a ‘psychological war’ occurs in the job market among Malaysian

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